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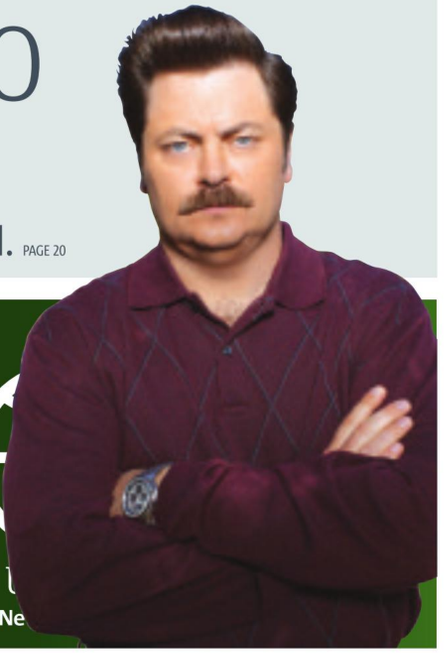
"PARKS AND REC" BEGINS ITS FINAL SEASON. PAGE 20



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Mayor's municipal IDs debut

The IDNYC card. Proponents say it will allow the undocumented access to city services, while opponents say it will muddy the already confusing immigration process. PAGE 02

Maria Gualotuna at her home in Flushing, Queens / MILES DIXON, METRO

City to try curbing Uber's price surges

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The weight loss secret that no one talks about

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Ex-Jet Bart Scott says Rex was hosed

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On the go

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Mayor's city ID debuts, but questions remain

IDNYC. The municipal ID was one of Mayor de Blasio's campaign promises, but its value remains unclear.

Maria Gualotuna at her home in Flushing, Queens / MILES DIXON, METRO

Visit **Metro.us** to learn more about the new municipal ID.

Martha Gualotuna sat in a crowded meeting room in Jackson Heights in December, listening intently to a presentation that detailed how and when she will be able to sign up for New York City's new municipal ID card program.

"It will mean a lot to finally have something in this country with my name and photo," she said in Spanish after the meeting at community organization Make the Road's offices.

The IDNYC card, which debuted Monday, was one of de Blasio's earliest promises before his inauguration, having pitched it during his 2013 campaign. The City Council passed a bill to create the program shortly thereafter, with de Blasio signing it into law last summer.

Applicants for the new card have to complete an IDNYC application online or at any of the 12 IDNYC Enrollment Centers citywide. The city-issued card cannot be used as ID for travel, nor does it work as a driver's license.

Gualotuna, 55, came to Corona, Queens, in 1995 from Ecuador without documentation. She spends most days of the week working as a mechanic.

Unlike her customers, she cannot legally drive. New York State is one of many that do not allow undocumented residents to apply for a driver's license — which many New Yorkers come to rely as their single form of identification.

However, come Monday, Gualotuna will be eligible for one of the new municipal ID cards.

Introduction of the ID is not without its problems, said Jessica Vaughan of the Center for Immigration Studies, a nonpartisan group that supports limits on immigration. The card may add confusion to an already complicated immigration system for those trying to navigate it.

"It strikes me as a little unfair to give people who are here illegally the impression that this card is going to make their lives much better," Vaughan said.

Applicants must provide proof of identity and residency through any number of 40 categories of identification documents that will weighed differently — not unlike the state DMV for a license. But certain exceptions will be made for homeless applicants.

A sample card /PROVIDED

Participation

City officials told Metro it expected more than 1,000 IDNYC applicants at its 17 locations by the end of Monday.

- About 2,000 New Yorkers already signed up for the card during a soft launch last week.
- New Yorkers can use an online calculator to find out if they qualify for a card at www.nyc.gov/idnyc.

Quoted

"It strikes me as a little unfair to give people who are here illegally the impression that this card is going to make their lives much better."
Vaughan

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Back to work. Bratton says slowdown is over

Police Commissioner Bill Bratton said arrest numbers are on their way up again after plummeting the last two weeks of December.

Data released Monday showed the number of arrests — 4,690 in all — was down about 37 percent last week over the same period the year before.

Last week, Bratton acknowledged a "slowdown" by police, with arrests falling some 66 percent during the last two weeks of 2014, and a drop of more than 94 percent in summonses written.

Bratton blamed the drop in arrests in part on the "trauma" following the assassination of Detectives Rafael Ramos and Wenjian Liu on Dec. 20 in Bed-Stuy, and the weeks of demonstrations over the Eric Garner and Michael Brown cases, that brought cops out in force.

"We've had a lot of very tired cops who were out night after night on demonstrations. That wears on you," Bratton said.

Bratton said crime in every borough is "trending down" and denied press reports he had barred cops from taking vacation or sick days until arrests and summonses increased.

Bratton also said the NYPD will send a delegation to the funerals of the three French cops killed in the Paris attacks.

WENDY JANE BIDDLECOMBE

Traffic cop at work this summer / GETTY

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Uber under attack. City Council may cap rideshare surge pricing

Surge pricing could be capped twice the usual price for ride-sharing services including Uber and Lyft under a bill sponsored by City Councilmember David Greenfield (D-Brooklyn).

Greenfield introduced his bill at a City Council hearing on the rideshare services, after the Taxi & Limousine Commission temporarily shut all but one of Uber's New York bases last week after the firm refused to submit data on trips and drivers.

"This $40 billion corporation is squashing the American dream here in New York," Greenfield said.

Uber representatives told the hearing that just 10 percent of rides in New York use the dynamic pricing model.

"I don't get paid twice as much just because I rolled out of bed in the morning," said Greenfield.

WENDY JOAN BIDDLECOMBE

Unfare?

$94

Surge pricing pushed a two-mile, 11-minute ride in Brooklyn to $94, six times the price of a yellow cab. Uber can charge $780 for the 16.5-mile ride from Midwood, Brooklyn, to LaGuardia Airport when demand is high, according to Greenfield.

$43

A taxi would cost $43, he said.

An Über driver waits to pick up a passenger. / PETER GREEN, METRO

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Crime

Man charged in Bronx subway shove

The man accused of shoving a 61-year-old father of two in front of a D train in November in the Bronx has been indicted on second-degree murder and manslaughter charges.

Kevin Darden, 34, was arrested after allegedly shoving Wai Kuen Kwok, 61, in front of a southbound D train at the 167th Street station. Kwok's wife watched as her husband was pushed in front of the speeding train.

Darden fled the scene and was caught two days later after police released surveillance video showing him boarding a bus after the attack, and smoking a cigarette outside a bodega. Darden pleaded not guilty. METRO

Bronx Zoo among 10 worst for elephants

Issues. Animal rights groups cites small space and isolation as key problems for Bronx elephants.

Elephant / COURTESY OF IN DEFENSE OF ANIMALS

Worst zoos

Three of the 10 worst zoos are in New York State, with the Buffalo Zoo and the Rosamond Gifford Zoo in Syracuse making the list.

The Bronx Zoo has been declared the fifth-worst zoo for elephants in the United States.

The zoo made the list compiled by animal rights organization In Defense of Animals because an elephant named Happy is "suffering" in "solitary confinement," separated since 2006 from the other two elephants at the zoo, the organization said, when she was attacked by elephants Maxine and Patty.

Dr. Toni Frohoff, elephant and cetacean scientist for In Defense of Animals, said Happy was part of a study on elephant self-awareness published in 2006. She recognized herself in the mirror.

The Bronx Zoo said in 2006 it would close the zoo after one of the elephants, who are all in their 40s, dies.

"We say why wait; why do tomorrow what can be done today," Frohoff said. "I think it is self-evident that this is a bad zoo, and the Bronx Zoo has an opportunity to go from being a villain to being a hero, if they release the elephants before one of them dies."

This is the fourth time the Bronx Zoo has made the worst elephants list since it was started 11 years ago, and was listed in 2013, 2012 and 2009.

Calls and emails to the Bronx Zoo were not returned.

New York lawmakers are also concerned with the treatment of elephants in the state. Sen. Brad Hoylman of Manhattan has reintroduced a bill that would ban the use of whips and electric shock against the animals. Assemblywoman Linda Rosenthal has also written a bill that would make animal cruelty in the presence of a child a crime.

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Shooting

Brooklyn teen shot dead

A 15-year-old boy was shot and killed Sunday in what cops suspect was a gang-related shooting.

Isaiah Joseph was shot once in the back at 1:05 p.m. near East 56th Street and Avenue H in East Flatbush.

Cops said he and a 20-year-old man were on the street corner when they got into a fight with three unidentified men.

One of the men who struggled with Joseph pulled out a gun and shot both Joseph and the 20-year-old in the back.

The assailants were gone when cops arrived 10 minutes later. Surveillance video from a nearby apartment showed all three running away from the scene.

The suspects were all described as black males of unknown ages wearing dark-colored clothing. METRO

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PSH1

Released

Review of the released documents

Reuters reviewed some of the documents released by the hackers but could not immediately identify any that appeared to contain information that compromised national security.

Some could easily be found using Google searches, including the Department of Defense's "Estimated Impacts of Sequestration-Level Funding," which is available on a public government website.

Another budget document, "Program Acquisition Cost by Weapon System" is a March 2014 document available on the website of the defense department's comptroller. Another is a draft version of the 2015 appropriations bill for the Defense Department.

REUTERS

US military's Twitter feed hacked by ISIS sympathizers

Spokesman. Steve Warren said the Defense Department "views this as little more than a prank, or as vandalism."

A screen grab from the U.S. Central Command Twitter page. / U.S. CENTRAL COMMAND TWITTER

The Twitter feed and YouTube account for the U.S. military command that oversees operations in the Middle East was hacked on Monday by people claiming to be sympathetic toward the Islamic State militant group being targeted in American bombing raids.

Officials said the U.S. Central Command Twitter account and its YouTube account were suspended after being compromised.

The White House said it was monitoring the extent of the hacking incident.

Two U.S. defense officials, speaking on condition of anonymity, said the hacking was an embarrassment but that the images posted by the hackers did not appear to include classified information or pose a security threat.

"In the name of Allah, the Most Gracious, the Most Merciful, the CyberCaliphate continues its CyberJihad," the Central Command Twitter feed said after being hacked.

The Twitter feed had several messages from hackers, including one telling American soldiers to "watch your back," and the YouTube account had two videos that appeared to be linked to Islamic State.

Islamic State has taken control of parts of Syria and Iraq. The group's forces have been targeted in ongoing air strikes by the United States and international partners.

The Twitter account published a list of generals and addresses associated with them, titled "Army General Officer Public Roster (by rank) 2 January 2014."

Subsequent posts read, "Pentagon Networks Hacked! China Scenarios" and "Pentagon Networks Hacked. Korean Scenarios."

"We can confirm that the CENTCOM Twitter and YouTube accounts were compromised earlier today. We are taking appropriate measures to address the matter," Central Command said in a statement.

REUTERS

Quoted

"It's inconvenient, it's an annoyance but in no way is any sensitive or classified information compromised."

Army Colonel Steve Warren
told a press briefing

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Baga

Nigeria's military says 150 killed in Boko Haram clashes

Nigeria's military said on Monday that at least 150 people had been killed in clashes with Islamists in the northeastern town of Baga, giving a rare official death toll a few weeks before presidential elections in which security is a big issue.

Defense spokesman Major-General Chris Olukolade was reacting to reports that some 2,000 had been killed by Boko Haram insurgents who took control of Baga and the surrounding area 10 days ago. The military is fighting to reclaim it.

REUTERS

Trafficking. Former child slave marks 10 years of saving children

When he was 6 years old, James Kofi Annan was forced to fish for hours on end on Lake Volta in Ghana. Now, at 41, Annan has spent the past 10 years helping child slaves transition back into mainstream society, and received the education of which they've been deprived.

Annan, who escaped from captivity at age 13 and returned home, says education was his way to overcome the horrors of human trafficking.

After receiving his university degree, Annan worked his way to becoming a bank manager for Barclays Bank of Ghana. He eventually left that position to start his organization, Challenging Heights, which helps other children escape from slavery.

Child slaves

24K

There are an estimated 24,000 child slaves in Ghana, Annan said, though the exact number is hard to determine.

Challenging Heights, which turns 10 next month, runs a school for former child slaves and disadvantaged children, and a rehabilitation center for trafficking survivors. Since 2005, his organization has rescued 1,200 former child slaves.

Annan said when his organization receives reports of trafficked children, a team of investigators goes to confirm and identify the victims.

"Once we have identified them, we team up with the government agencies such as the police and the department of social welfare. The child is then taken away from the trafficker. In a number of cases this is done peacefully, but in other times this is met with violence," Annan said.

Annan, who received the World Children's Prize in 2013, was recently in the United States to receive an honorary doctorate at Grand Valley State University in Grand Rapids, Michigan. He's not named after the former secretary general of the United Nations, and says the name is common in central Ghana, his home region.

Annan, who now spends most of his time traveling the world raising awareness for human trafficking, says he loves going back to the school a few days each month and spending time with the children he helped save, and who are now helping to save themselves.

According to the U.S. Department of State's 2014 "Trafficking in Persons Report," the Ghanaian government "does not fully comply with the minimum standards for the elimination of trafficking."

Trafficking of children to forced labor, including fishing, domestic service, street hawking, begging, mining, agriculture and prostitution, is more common than migrant trafficking, the report shows.

WENDY JOAN BIDDLECOMBE, METRO

Annan said although trafficking is a very big problem for Ghana — and countries around the world — communication has helped some children and families report incidents and get help. / ANNE L GEISSINGER

Quoted

"The No. 1 solution is if we're able to get every child in school empowered with skills, they will be able to resist trafficking themselves, and help themselves in the future. That's what made me who I am." Annan

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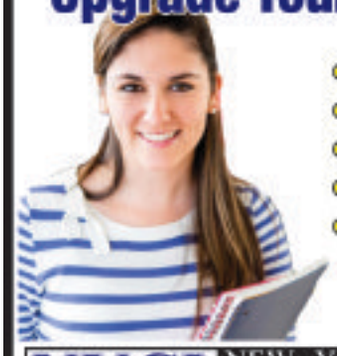

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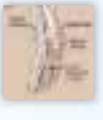

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France brings in 10,000 troops

France. The country has the European Union's largest Muslim and Jewish communities.

Armed security patrol outside a Jewish school in the Marais district as children make their way home in Paris, France. / GETTY IMAGES

France will deploy 10,000 soldiers on home soil by Tuesday and post almost 5,000 extra police officers to protect Jewish sites after the killing of 17 people by Islamist militants in Paris last week, officials said.

"The threats remain and we have to protect ourselves from them. It is an internal operation that will mobilize almost as many men as we have in our overseas operations," Defense Minister Jean-Yves Le Drian told reporters after a cabinet meeting.

"We will not give in. The spirit of 'I am Charlie' means the right to blaspheme," he said, adding that the front page of the satirical weekly Charlie Hebdo would be released on Monday evening.

Jewish school

717

Interior Minister Bernard Cazeneuve said 4,700 police officers would be placed at all 717 Jewish schools across the country in addition to some 4,100 gendarmes already deployed.

"Synagogues, Jewish schools, but also mosques will be protected because in the past few days there have been a number of attacks against mosques," Prime Minister Manuel Valls told BFM TV.

The French Justice Ministry said gunman Cherif Kouachi had made the journey to Yemen even though he had been banned from leaving France at the time.

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Paid biweekly? You get paid extra this year

More money.
2015 is a "payroll leap year."

If you are an employee who is paid every two weeks, you may be in for a nice surprise this year. For many employees, 2015 is a pay period leap year, meaning that there are 27 pay periods during the 52-week calendar year instead of the usual 26. This quirk happens about every 11 years.

Some employers will be paying that 27th paycheck on top of regular salary, resulting in about a 4 percent annual raise, while others will redistribute the set salary among 27 checks. "It all depends what's in your employment contract," says Debby Salam, director of payroll information management at Ernst & Young.

Benefits also need to be redistributed and employees need to pay attention to the tax and retirement consequences to getting an unplanned cash infusion, it is not really a bonus. Those who have any biweekly payments — on mortgages or car loans, for example — should check to see if they will owe an extra payment.

The math behind this is simple: 26 pay periods only account for 364 days each year. The 365th days add up to a whole pay period over time, depending on what day you get paid and national holidays. For employees who are paid weekly, an extra check comes every five or six years. Pay schedules reset back to normal the following year.

"It's not that you're getting a bonus, you did work the extra time," says Doug Hass, a labor and employment law attorney for Franczek Radelet.

For employees paid on Fridays, 2015 is a prime year since Jan. 1, 2016, falls on payday of what would be the last pay period in the year, so checks presumably go out on Dec. 31.

REUTERS

By the numbers

27

Number of paychecks you'll receive this year if you get paid biweekly.

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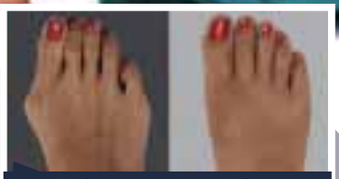

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Using your job to enhance your college career

Life after school. The right position can provide more than extra cash.

Student employees have plenty of opportunities to receive feedback and guidance. / ISTOCK

Not many college students can say that they were paid to talk about beer throughout college, but that's exactly what Liz Wessel did while at the University of Pennsylvania.

"I was the Anheuser Busch rep on campus,' Wessel explains. "I considered my job a supplement to my education."

It was during her time at Penn that Wessel and classmate J.J. Fliegelman decided to create a site exclusively geared toward students looking for jobs as campus reps. After graduation, the pair decided to create a firm that would connect students with such companies.

Wessel was working in India for Google when she and Fliegelman decided to launch their new company Campus Job - which connects companies with interested student workers. In addition to listings for more conventional college students positions at coffee shops, it also recruits for larger companies as well. Her work experience as a campus rep provided much of the inspiration behind the website, she says.

"I still had no idea what I wanted to do [while I was in college]," recalls Wessel, a political science "It was actually my part-time job that led me to realize 'Wow, I like marketing.'"

We talked to Wessel about how students can build their skills off-campus.

Become a better public speaker

"For my job I had to visit fraternities and sororities to talk about products and also promote the engineering jobs at Anheuser Busch. I had never gone in front of hundreds of peers to do something like that," says Wessel.

Many of the jobs listed on the site require employees to be comfortable speaking in front of large groups, she notes.

Develop connections

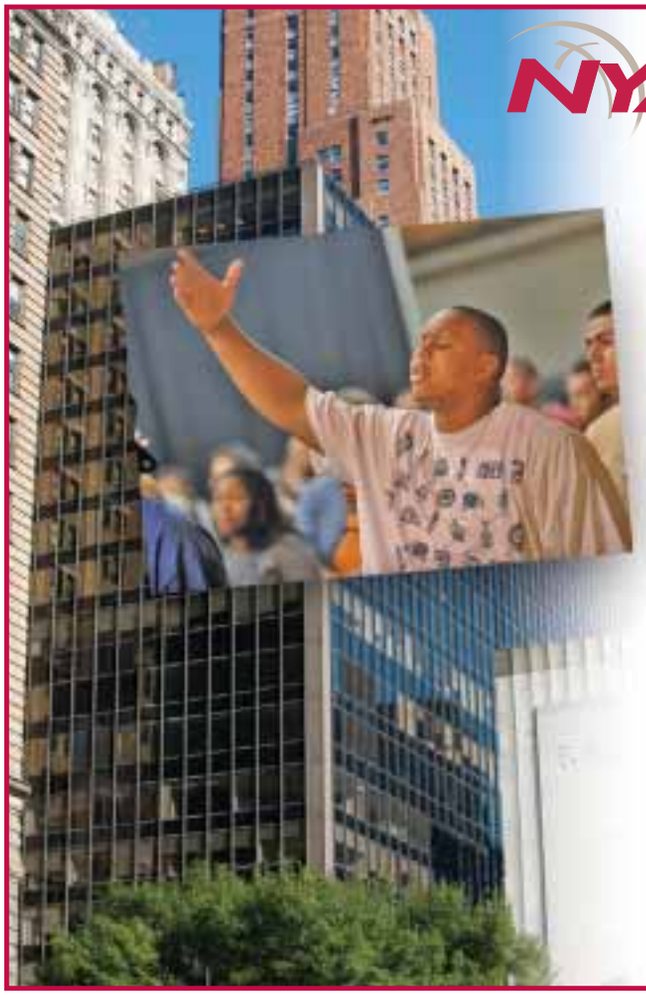
"A lot of students also don't know that companies like Microsoft have campus reps...," says Wessel. "Also, typically if an employer wants to hire a student, they want to give them feedback, so it's a chance to grow and build relationships."

Branching out

Explore new fields

Wessel advises students use their part-time positions to gain skills outside their courses of study. "We did an analysis of recent grads and the majority of students said their majors had nothing to do with their jobs," she notes. "We talked to a pre-med student who wanted to look for a job in marketing because they thought, 'Let me try out a new field. Let me gain new skills.'"

LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us



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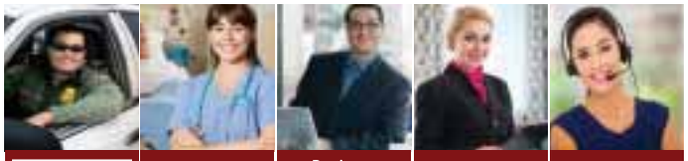

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President Monica Foote of LIBI, who spearheaded the establishment of LIBI's first Manhattan location, notes "the launch of an LIBI site in Tribeca, a crossroads of the financial and cultural heart of New York City, is the logical next step in the evolution of LIBI, which has focused on providing cutting-edge and in-demand career education". College chairman Leon Lee states "the competitive programs we have offered at LIBI for over four decades are aimed at an underserved population, the career-minded student, and tailored to the needs of the New York City business and legal community, homeland security, and the growing elderly population. As we are closely aligned with these communities, we know that now is the appropriate time to establish a presence in Manhattan." LIBI is entering the New York City financial district, filling a much-needed vacancy in quality post-secondary career education.

The mission of LIBI has been to provide affordable, high quality post-secondary education, which is especially needed in the current environment. Professors are typically practitioners, with extensive experience in their fields, a factor which LIBI's administration feels differentiates the value of an LIBI education from a job placement standpoint. The emphasis on the transferability of an LIBI education either directly to the business world or to areas of further post-secondary education is a further differentiator: student choice at the end of his or her LIBI education is a major factor in students choosing to enter LIBI. The convenience of a downtown Manhattan location will be another strong draw and a further benefit to students.

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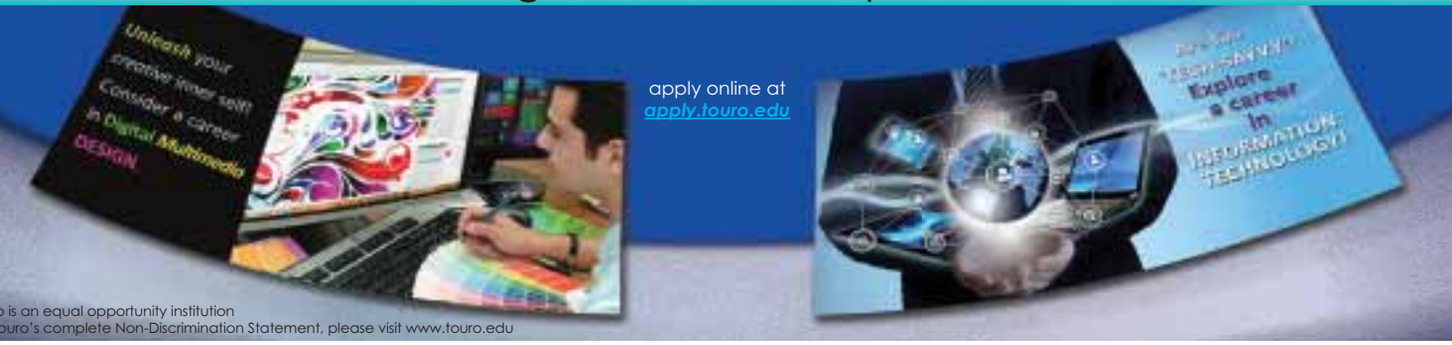
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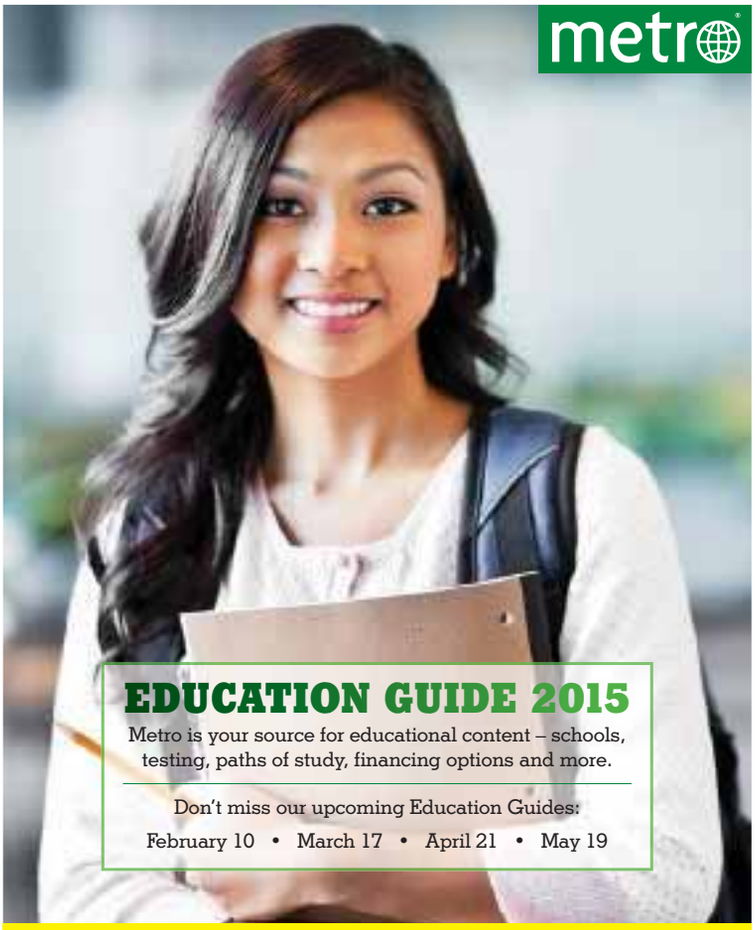
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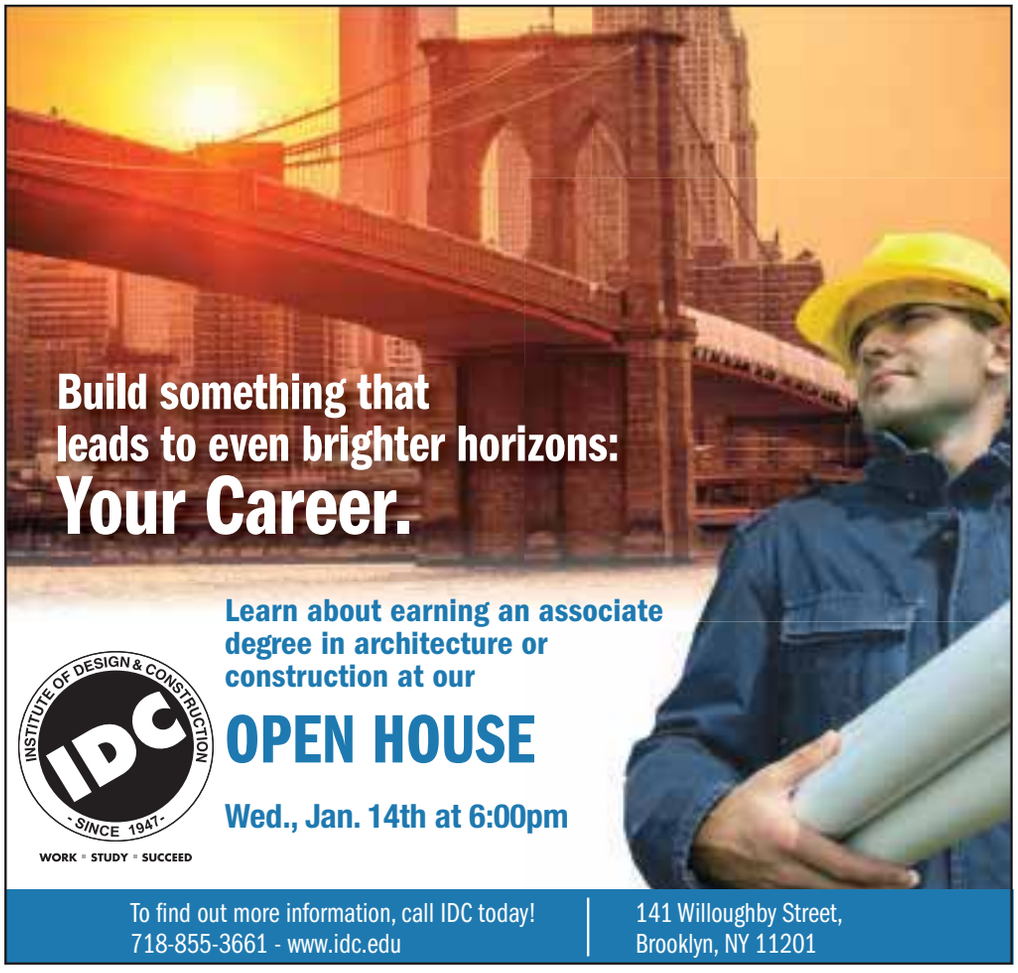
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1 J.K. Rowling and the mocking Rupert Murdoch tweet

If social media is good for anything, it offers a fantastic platform for witty comebacks. J.K. Rowling used it for just such a purpose after Rupert Murdoch riled folks with his Charlie Hedbo-related tweet, insisting all Muslims need to be held accountable for the actions of the men behind last week's attack in Paris. Instead of just shouting back, Rowling turned Murdoch's own twisted logic against him, posting "I was born Christian. If that makes Rupert Murdoch my responsibility, I'll auto-excommunicate." And folks in the Twitterverse seemed to agree with her, as her tweet quickly earned more than 20,000 favorites, compared to Murdoch's 3,000.

J.K. Rowling
I was born Christian. If that makes Rupert Murdoch my responsibility, I'll auto-excommunicate. ow.ly/H7Eps
The Guardian

@JK_ROWLING / TWITTER

2 Harry Styles dating a Victoria's Secret model because obviously

One Direction's Harry Styles, has earned himself another celebrity merit badge, this time for Victoria's Secret model-dating. Nice work, Styles! The floppy-haired crooner has reportedly been getting quite cozy with the awesomely named Nadine Leopold. "Harry has been getting more serious with Nadine," a source tells Us Weekly, adding that the pair are "spending lots of time together" lately. But another source insists we shouldn't read too much into their quality time. "Harry is having a good time being a young rock star," the second source says. "You will know he has a girlfriend when he steps out on the red carpet with one. Until then, he's having fun and enjoying life." Guess they've told us. Still, congratulations?

LEOPOLD, NOT ON THE RED CARPET

Styles, on the red carpet. / GETTY IMAGES

3 Chris Brown concert ends in gunfire

A recent Chris Brown show in San Diego ended in chaos after gunfire rang out at Fiesta nightclub while the embattled singer was on stage, according to TMZ. Video from the gig shows Brown noticing a scuffle and making light of it before shots were fired. Law enforcement sources say five people were wounded in the incident, though no suspects have been named yet. Brown, no stranger to gunfire at his events, didn't seem that bothered by it. He even shared a Vine of the moment of panic on his official account. My, how quickly that smile fades.

Brown at a different concert, depicting what he probably did when gunshots rang out.
GETTY IMAGES

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

Television

CBS sets premiere for 'Colbert' show

CBS had its turn at the Television Critics Association press tour on Monday, and entertainment chairwoman Nina Tassler used the opportunity to talk up the success of the network's new hits. "NCIS: New Orleans," "Madam Secretary" and "Scorpion" have all been renewed she said.

Tassler also announced that Sept. 8 would be the premiere of "Late Show with Stephen Colbert."

The day also featured a panel from the stars of the upcoming "Odd Couple" remake, Matthew Perry and Thomas Lennon. The show comes from Garry Marshall, who called Perry his favorite Friend, but admitted that "Tom Lennon, I didn't know from Adam." Guess he's not a "Reno 911!" fan. **LISA WEIDENFELD**

GETTY IMAGES

2 CULTURE

Twitter feed

Today, Conan O'Brien is spreading the good news, Mindy Kaling is keeping you updated, Kelly Clarkson is a fan of her own work, Jamie Bell has some recommendations for you and Kevin Nealon has a valid question.

@ConanOBrien: Same-sex couples can now get married in Florida, and are pledging "Til Meth Do Us Part."

@mindykaling: Curious where I have been these past few hours? In my room, writing a script & tending to a dog bite I got on my hand

@kelly_clarkson: Holy cow I didn't even know my song would be up on iTunes already!! I just bought it haha!

@1jamiebell: Have you seen that YouTube video where those old ladies watch the Kardashian sex tape?

@kevin_nealon: Seriously, how can you tell if someone makes a mistake when playing jazz?

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5 Things we'll miss about 'Parks and Recreation'

Tonight marks the beginning of our farewell to Leslie Knope and her colleagues on "Parks and Recreation." Perpetually low on ratings, the show nevertheless found a devoted audience who love its optimistic humor and thoughtfully crafted town. Here's what we'll miss most about TV's quirkiest government office. **LISA WEIDENFELD**

AMY POEHLER'S LESLIE KNOPE GREW INTO A LOVABLE CHARACTER.

Leslie Knope herself

At its best, "Parks and Recreation" found great ways to translate Amy Poehler's high energy into a character both hugely dorky and inspirational. Sure, she went overboard in every facet of her life, but Leslie was the rare comedic creation whose personality made everyone root for her.

The town of Pawnee, Indiana

We may not have known much about humble Pawnee at the beginning of the show's run, but we've all grown to love the residents of the town (which is, as you may recall, "first in friendship, fourth in obesity"). And who hasn't enjoyed learning about the colorful Pawnee city mottos? There was the time it got taken over by the cult of Zorp, or the time it claimed to be the birthplace of Julia Roberts, then got sued for it. Mostly, we'll miss the town's historical murals, each of which is more offensive than the last.

Say goodbye to the staff of "Parks and Recreation."
ALL PHOTOS BY NBC

Co-workers who like each other

The cubicle drones of "The Office" often seemed to be living in a state of barely concealed distaste for each other, but "Parks and Recreation" has generally gone in the opposite direction — with the exception of poor Jerry. Or Gary. Or possibly Barry, by this point. As different as the various Parks department employees are, they were always supportive of each other's endeavors, from Donna investing in the Snakehole Lounge with Tom to the way everyone pulled together for Leslie's ill-fated campaign for city councilwoman.

The couples

Remember when April and Andy got married on a whim, only a few episodes after starting to date? It's unlikely anyone would have guessed those two would have the most stable relationship on the show, but the writers always found cute, funny ways to make them work as a couple despite Andy's cluelessness and April's hatred of, well, everything. And while we're happy Ron found love with Lucy Lawless's Diane, we're sad we won't get to see any new adventures between Ron and Tammy, because Nick Offerman and Megan Mullally bring just the right amount of crazy every time they share a screen.

Its always warm heart

"Parks and Recreation" has gotten a lot of credit over the years for the warmth of its humor. The show makes you laugh at the antics of its sometimes crazy characters, but never sneers at them or asks viewers to mock them. Sure, we knew most of Tom's business schemes were doomed to failure, but he's now started a few successful ones, and no one on the show treats him like he's a fool for dreaming of a life beyond Pawnee. And as outlandish (and occasionally almost sociopathic) as Leslie's behavior got, the people around her always loved her for it.

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‘Thinness doesn’t bring happiness’

Andie Mitchell writes about her emotional and physical ups and downs in her new memoir, “It Was Me All Along.” / PROVIDED

Memoir. For 20-something Andie Mitchell, losing 135 pounds brought anxiety, not contentment.

Stepping on the scale on her twentieth birthday and reading 268 was a wake-up call for Andie Mitchell. She feared how far the scale would tip if she didn’t change her eating habits, and what it would mean for her life. Mitchell set a goal of losing 128 pounds, which she not only did, but surpassed. But her new appearance masked new troubles that she reveals in her memoir, “It Was Me All Along.”

Going out to eat was a lose-lose battle

“I remember getting a salad and someone said, ‘it must be boring eating salads all the time.’ So there was this feeling that people thought I was constantly dieting and I had to do it forever,” she says. “[But], if I got pizza, people made comments like, ‘you better be careful!’”

‘Italy changed my perspective about food’

It was studying abroad in Italy that helped Mitchell learn what it meant to eat mindfully. “In Italy, food is so revered that you get the feeling that mealtime is really special.” She focused on eating small portions of meaningful meals.

‘I mourned turning to food for comfort’

Still, her mind-set didn’t change overnight. “I mourned turning to food for comfort and being able to eat whatever I wanted,” she says. Depressed, Mitchell got the help of a therapist, which she says was invaluable to developing a healthy relationship with food. “It was a process of self discovery and understanding that I’m not going to be able to turn to food every time I feel discomfort.”

Now, Mitchell says she’s struck a happy balance, eating healthy most of the time, but eating out on the weekends and not worrying about it. “It took me years to get here, but I’m comfortable in my own skin. … [This journey] has taught me that thinness is never going to be the answer. Life is going to throw so much at you. But I feel stronger. I’m more accepting of myself, and more accepting of everyone else’s troubles, too.”

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

Turning heads

‘I felt sad by the attention’

Being suddenly thin brought a lot of new attention. “I was suddenly noticed by a lot more people and they seemed kinder in a way,” she tells us. “But I couldn’t help but feel a little bit sad by it, that my [thinness] determined my worth as a person.”

Reading

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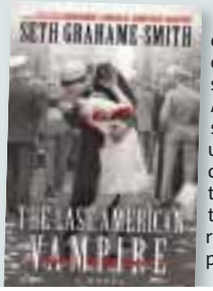
Alternative-history author Seth Grahame-Smith is on tour for his latest novel, “The Last American Vampire,” a follow up to The New York Times best-seller “Abraham Lincoln: Vampire Hunter.” (He also wrote “Pride and Prejudice and Zombies.”) His newest expands the alt-history universe of “Abraham Lincoln,” detailing the continued story of an America shared — uneasily, of course — by the living and the undead, right up to the present day.



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Guster plays an album release party for "Evermotion" at 8 p.m. tonight at Rough Trade NYC (64 N. 9th St. in Brooklyn). / ZOE-RUTH ERWIN

Alt-rock. Twenty years later, Guster is still going strong

Two decades since the release of their first album, Ryan Miller of Guster tells us how the band has managed to keep their fans interested, what we can expect from their new album and keeping busy with his other music career, scoring films.

What goes into the decision to sign up for another album and tour when you guys have been doing it for so long?
We just wait and make sure we have something to say. We take a hard look and see what songs we want to write and if we can all point our agendas in the same direction. We all have kids and there's stuff going on at home. It took us a while to figure out what sort of record we wanted to make and make sure that everything on it is good. But this is the seventh album in 20-something years, so it's kind of on pace for us even if it's a slower pace compared to a lot of bands.

A lot of new musicians feel they have to crank out an album every year to keep their fans, but your fans just keep coming back despite these time gaps.
Our timing has never been marketing driven. It's always driven artistically and when we felt like we had something to say, we would say it. We'd rather make great records that can stand the test of time than a bunch of records that don't.

What can fans expect from the new album, "Evermotion"?
I'm really, really proud of this record. I think it sounds contemporary and still sounds like our band. … We think people who know us from the olden days are going to be supportive and people who appreciate the fact that we've grown and changed on every record we've done are going to be rewarded for sticking with us. EMILY LAURENCE

In his off time...

On scoring films

When Miller isn't focusing on Guster, he scores films, most notably "Safety Not Guaranteed" and "In A World..."

How did you get into film scoring?
It just came out of the idea that I wasn't going to be on a tour bus nine months a year anymore. I was trying to figure out a way to stay creative and in an industry I thought was exciting.

Do you need to have your hands in multiple creative outlets to feel fulfilled?
Yeah. ... The main difference between scoring films and being in a band is that in the band, I'm the loudest voice in the room. On a film, I'm really just a craftsman and there to implement the vision of the director or producer.

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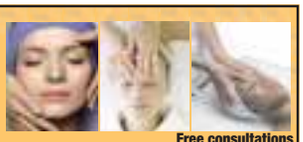

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The Key to a better winter

Get out of the cold and get yourself to Key West.

LUKE O'NEIL

While one could make the case that there's technically no bad time to travel to Key West, a winter week of freezing temps provides an ideal opportunity to experience the Florida island.

The bounties of the island are certainly not a secret, but somehow it manages to both defy and reaffirm its reputation as an oasis of bacchanalia, with an assist from history, culinary revelations and natural wonders.

Here are some things to put on your itinerary when planning your Key West getaway.

FURY WATER ADVENTURES./ MIKE FREAS (INSET)

Where to have an adventure on the water

Fury Water Adventures has a breadth of options for getting out on the water and staying active, including glass-bottom boat tours, parasailing and jet-skiing. A snorkeling adventure out along the coral reef provides beautiful vistas under the sea, and plenty of exercise swimming - away from barracudas and jelly fish. For a more relaxing voyage, take a trip on the Schooner Hindu for a breathtaking sunset sail.

PLUS

Parrothead

Where to stroll

Duval Street is Key West's main commercial street. You'll find booming open-air clubs, tattoo shops, art galleries, sausage stands, dudes with parrots on their heads, touristy bric-a-brac, cigar shops, Darth Vader playing a banjo, karaoke, drag shows, jazz bars and more art galleries.

MARRERO PHOTOGRAPHY

Where to drink cocktails

While there are plenty of fine restaurants on the island, the drinking culture skews toward beer and frozen drinks. One glaring, and brilliant, exception is The Other Side. Taking up one side of a centuries-old residence (so haunted they used to run ghost tours in it), this is the cutting edge of Key West's cocktail scene, perfect for urbanites needing a respite from all of the beach life transpiring outside.

It's dimly lit, with a throwback, hip-hop soundtrack, and bartenders mixing both the respected classics and showmanship-style recipes. After drinks, walk up Duvall Street for refined cuisine at Nine One Five.

Where to drink like a local

You'll find no shortage of bars across the island filled with sunburnt revelers and aggressively relaxed locals, many of whom have turned the music of Jimmy Buffet into a lifestyle, and plenty of disposable tourist trap bars. But for local character, the Green Parrot is your best bet. The late-19th century building, once a grocery, then a naval bar, offers a panoply of beach bums, hippies and seamen that come to mind when thinking of Key West. People drink outside and smoke inside, all while dancing unselfconsciously to feel-good bands.

Where to stay

Owing to strict laws about where new construction can take place on an island already overflowing with hotels, resorts and bars, the Marker Waterfront Resort is the first new hotel built in Old Town Key West in 20 years. The 96-room luxury hotel, situated just off the crowded boardwalk along the marina, brings together a sophisticated Caribbean-style feel with a modern design replete with a bounty of local artists' works.

The low season rates start at $229; the high season is $449.

CARMEL BRANTLEY

‘The Nanny Whisperer’ answers your biggest child-care questions

Kids. Licensed therapist and parenting expert Tammy Gold reveals solutions to the problems you’re too shy to ask.

Having a nanny can help you focus more on spending quality time with your child. / ISTOCK

Finding the nanny who will be the perfect fit for your family can be tricky and stressful. It’s hard enough to leave your little one to go back to work, but hiring someone who will nurture your children without usurping your control can be exhausting.

We talked to Tammy Gold, the so-called “Nanny Whisperer” and frequent contributor to “Good Morning America” and “Today,” for her best tips. For more of her advice, check out her new book: “Secrets of the Nanny Whisperer,” out now.

What’s the best way to find a nanny?

What I found works best is when a friend can really attest to the qualities of a nanny, because you’ll get the most amount of information from a solid source. If it’s a friend or a friend of a friend, you can ask a lot of questions to see if it will be a good match. But if it’s a professional connection, people sometimes don’t want to ask the hard questions.

Shadow days, when the parent stays home and watches the nanny can be pretty awkward. What’s the secret to making them run smoothly?

Shadow days are so important. It’s the only way to tell if a nanny is good at what he or she says. But they can be awkward. My book shows how to orchestrate the whole day, but the best thing you can do is start by saying, “I want to make sure this is right for you and you’re right for us.” Come from a place of mutuality, not a “test” to see if he or she is good enough.

It’s only awkward if you are standing around looking at each other, so show the nanny where everything is and how you live from the minute you wake up to the minute you go to bed. It’s important to give a physical orientation of where everything in the apartment is, and also an emotional orientation. What are your kids like? How should the nanny approach them? What should they talk about?

A lot of working parents feel guilty for being away from their kids or are worried their kids will bond with their nanny too much. What advice do you have for them?

Parents are so hard on themselves, especially working parents. They worry the children will love the nanny more than them, and that just doesn’t happen. The focus needs to be on quality time, not quantity time. Make rituals with your children. Parents are better seeing their children for a few hours and being present, calm and happy than being there all the time being harried and stressed.

Forming a partnership

How can a parent maintain a good partnership with their nanny while still getting across who’s the boss?

It really comes down to communication and stating your expectations up front. A lot of times, a parent will call me and say, “I’m furious she let them use the iPad.” And I’ll ask, “Did you tell her you don’t let the kids use the iPad before dinner?” and the parent will say, “Well, I told her that we didn’t really love the iPad that much.” You need to be clear up front about what you need and why: “I need the kids ready for soccer at 4 p.m. with their uniform, water bottle, shin guards and cleats because I’ll be rushing home from work and will only have 10 minutes to get them there.” Then, there’s no room for error or miscommunication and the nanny isn’t left wondering what your needs are.

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Horoscope

♑ Capricorn | Dec. 22-Jan. 20. You should take care of responsibilities that you've been neglecting. Getting your duties out of the way will be appreciated.

♒ Aquarius | Jan. 21-Feb. 18. Make the most of your time by being helpful and showing concern. Join forces with a group that reflects your values.

♓ Pisces | Feb. 19-March 20. Don't feel guilty turning down invitations if you need some time to yourself. You do so much for everyone else, at the expense of your health.

♈ Aries | March 21-April 20. Shake up your routine and participate in a community event. Stimulate your imagination and make personal changes.

♉ Taurus | April 21-May 21. Flashing large amounts of cash will give someone the wrong impression. Pay your own way, but don't try to convince people that you are something you're not

♊ Gemini | May 22-June 20. Don't be shy; you should discuss your dreams. Unnecessary and costly delays are likely if you are unprepared or disorganized.

♋ Cancer | June 21-July 22. Make sure you receive all the required information before you offer your opinion or advice. Don't allow a minor letdown to escalate.

♌ Leo | July 23-Aug. 22. You owe it to yourself and your loved ones to let loose and have a little fun. Plan a surprise and shower the people you love with your affection.

♍ Virgo | Aug. 23-Sept. 22. Self-improvement plans will bring good results. Feeling fit and healthy will boost your confidence and give you a positive mind set.

♎ Libra | Sept. 23-Oct. 22. Don't let personal issues lead to indulgence. Excess will end up contributing to your troubles, not eliminating them. Ask for help.

♏ Scorpio | Oct. 23-Nov. 21. A decision you are toying with will be easier if you investigate the pros and cons first. Confrontations will not turn out in your favor. Remain an observer.

♐ Sagittarius | Nov. 22-Dec. 21. Don't fall for a sob story. Being too trusting will end up costing you physically, emotionally or financially.

EUGENIA LAST

Sudoku: Easy and hard

		3		6				9
		1					7	
6	5						1	
4	8	7	6		5			2
			1		4			
9			7		8	5	4	3
	6						3	5
	2					6		
5				8		4		

		1	7				6	
9		2	3		6		1	5
	6			7	9	5		3
			8		5			
8		5	1	6			9	
2	5		6		7	1		8
	8				4	9		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

Don't be afraid to speak freely

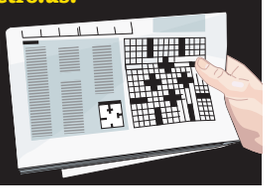
Paris was attacked last week by jihadists whose demented mentality had massacred many at the Charlie Hebdo office. My heartfelt prayers go out to their co-workers, families, and friends, as well as all the people in France who are mourning the loss of their fellow country men and women. The attackers went on a killing spree because they disliked what was said and depicted by this newspaper as an attack on Islam. I found this egregious and nefarious act of barbarism to be completely intolerable. I believe no man or woman has the right to kill another for what they say. I may not agree with what someone has to say, but I will defend their right of free speech. These evildoers are home-grown and come out of many different countries and train to kill. These people must be stopped or many more innocent men, women and children will surely die. All the religious leaders of the world must stand up and shout in a loud voice and say, "We're mad as hell and will not take this anymore." They must condemn these acts of violence as evil and does not represent something required from one's higher power. Free speech must be defended at all costs or we will enter an era of despair, agony and desolation. FREDERICK R. BEDELL JR., VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Visit us online at **Metro.us.**

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



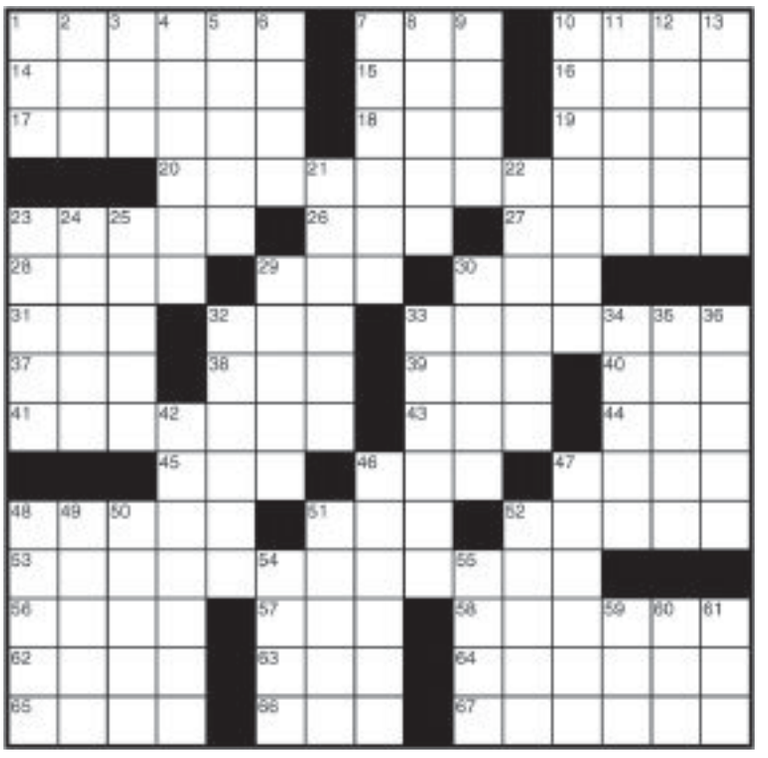
Crossword

Across

1 Beach hut
7 Mark of Zorro
10 Miss Cinders of old comics
14 Arise (2 wds.)
15 Cast a vote
16 Belt holder
17 Three-legged seats
18 Prefix for "classic"
19 Supplant
20 Xylophone cousin
23 Brubeck and Barry
26 Guitarist — Paul
27 Young girl
28 Comics pooch
29 Fictional collie
30 Barbie's beau
31 Quick turn
32 Mineral find
33 Horseshoe locale
37 Want-ad abbr.
38 He may get fleeced
39 Blow it
40 Johnny —
41 Kind of rhyme
43 Romaine
44 Umbrella spoke
45 Oddjob's creator
46 Dune buggy kin
47 Opera box
48 Bridge sections
51 Computer language
52 Chess pieces
53 Did not mince words (2 wds.)
56 BMW rival
57 Not up to snuff
58 Slickest
62 Secluded valley
63 Ailurophobe's fear
64 Lewd
65 Yin complement
66 Dangerous curve
67 Swallow

Down

1 Vaccine amts.
2 Matisse piece
3 Show disapproval
4 Farthest point
5 Declares invalid
6 Lhasa —
7 Tired out
8 Fencers' blades
9 007's alma mater
10 Fleeing to the JP
11 "Satchmo" Armstrong
12 Fails to place
13 Suitably
21 Damp
22 Slings mud at
23 Baker's —
24 Leave-taking
25 Staying power
29 Commit to memory
30 Bolshoi rival
32 Bribe, informally
33 Honey source
34 Traffic indicator
35 Hold sway
36 Paris priests
42 Going under
46 Full-price payers
47 Hen's chore
48 Too theatrical
49 Zahn or Abdul
50 Priscilla's suitor
51 Globe substitute
52 A nut
54 Board-game pair
55 Fruit or bird
59 When Paris sizzles
60 Emergency signal
61 Explosive ltrs.



Yesterday's answer

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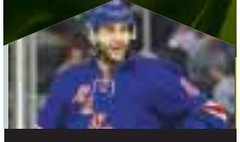
3 SPORTS

NFL

Fox out in Denver

John Fox is out in Denver, just hours after the Broncos were upset by the Colts in the AFC Divisional round. The move could signal the end of a highly successful era in Denver, but that will ultimately depend on whether or not Peyton Manning returns for the 2015 season. Fox and the Broncos said Monday's split was mutual. "I had a productive visit with John Elway this afternoon in which we were both very honest about our time together and how best to move forward," Fox said in a statement. Elway, Denver's GM, offered up the following explanation: "I believe this change at the head coaching position will be in the best interest of our long-term goal, which from Day 1 has been to win world championships."



Visit **Metro.us** to see this week's complete NHL Power Rankings.

Former Jets LB Scott: 'Rex was set up to fail'

NFL. CBS analyst Bart Scott slams the current state of the Jets.

Rex Ryan always had Bart Scott's back in New York, and vice versa. / GETTY IMAGES

Bart Scott thinks Rex Ryan got a raw deal with the New York Jets, a scenario where he was doomed to fail.

The "Madbacker," who spent four years with the Jets as a linebacker after Ryan recruited him to New York from Baltimore, saw a situation over the past season where his former head coach was put in a no-win situation.

"He was set up to fail, I believe. He didn't have the pieces to be successful," Scott told Metro about Ryan. "You can't ask a safety to play corner or a corner to drop down to play dime or linebacker. In that system you need certain things and he wasn't given those things. He tried to make the best of what he had. If he got this team to 8-8 this year, he would have deserved to be coach of the year. That's like having a racecar driver and giving him a Honda Civic engine and not a Ferrari. They had the opportunity to spend some money — not all but some — they still would have been sitting nice."

Much was expected of the Jets this past year. They had plenty of cap space and a dozen draft picks. With a few holes to fill, it seemed like the Jets could spend and plug a few starters in via free agency and be a competitive team. At the very least, with some upgrading, a team that was .500 in 2013 could have been a Wild Card contender. Instead, the Jets didn't open up their wallets as reports filed in of former GM John Idzik moving at "glacial speed" on the free agent market. Scott noted that Idzik "did a tremendous job for the next GM from a salary cap [perspective], so they can build a team the way they want."

But he also was critical of Idzik and the energy — or lack thereof — that he brought to Jets Drive.

"Honestly, what I heard and what I got is that Idzik is the type of guy that drains the energy from the building," Scott said. "You have some people who bring energy to a building; he took it away. It was a place where people didn't enjoy coming to work.

"We all know that not everything is going to be fun; you have to work and perform. But if you don't create an environment that's fun, guys aren't staying around, building chemistry."

Quoted

"This roster is bare. You'd think they'd have a better roster than Buffalo. I don't think so. A better roster than Miami? No. They definitely don't than New England. They have less talent than anyone. That's unacceptable."

CBS Sports analyst Bart Scott, on the current Jets situation

KRISTIAN DYER
@KristianRDyer
sports@metro.us

NHL power rankings | by Rich Slate

No. 1

Predators (28-9-4)

Keep in mind that the Predators didn't even make the playoffs last season, so this has been quite a turnaround by head coach Peter Laviolette and Co.

No. 2

'Hawks (28-13-2)

I still think the Blackhawks are the best team in the NHL, but they have gone 6-4 in their last 10 — the reason for them being replaced by Nashville at the top this week.

No. 3

Lightning (27-12-4)

The class of the Eastern Conference rolls on. They have won their last three games. After a back-to-back at Philly and at Boston, Tampa Bay returns home for three games.

No. 4

Ducks (27-10-6)

The Ducks put on a tribute to Teemu Selanne, then went out and picked up a 5-4 shootout win over Winnipeg. Anaheim just needs to stop allowing so many goals.

No. 5

Islanders (28-13-1)

I believe in the Isles, but these next three games should tell us a lot: at Rangers, vs. Penguins and at Canadiens. New York is 6-3-1 in its last 10 outings.

No. 6

Blues (26-13-3)

It was a good week for the Blues as they have won their last four games, and center David Backes (14 goals, 13 assists) was named NHL first star of the week.

No. 7

Penguins (25-10-6)

The Penguins are going through a rough patch as they're 4-4-2 in their last 10. That step back has allowed the Islanders to jump ahead in the division.

No. 8

Canadiens (26-12-3)

The Habs are 7-2-1 in their last 10, so it does seem dumb to drop them a few spots. The explanation is that most teams around them have been playing well too.

No. 9

Red Wings (22-11-9)

This might be Detroit's high-water mark for a while since it just put All-Star goaltender Jimmy Howard (16-7-7, .920 save percentage, 2.11 goals against average) on IR.

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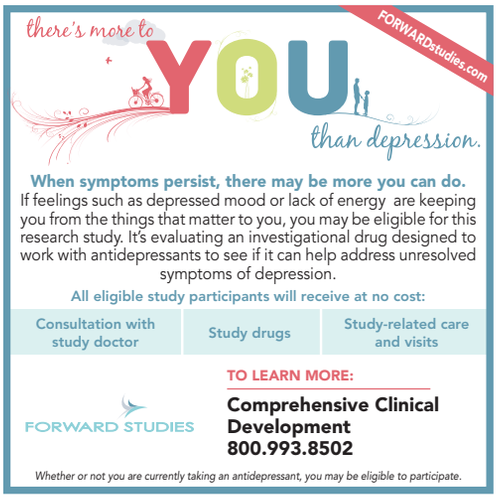

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NOTICE IS HEREBY GIVEN that a license, Number 1283002 for Restaurant Wine has been applied for by the undersigned to sell Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 136-21 41st Ave., Flushing, NY 11355 for on premises consumption. Run Feng Corporation

NOTICE IS HEREBY GIVEN that a license, Number TBA for Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at: 56 Reade Street, New York, NY 10007 for on-premises consumption. Grazin' Tribeca, LLC

NOTICE IS HEREBY GIVEN that a license, Number 1283045 for Eating Place Beer has been applied for by the undersigned to sell Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 176-57 Union Tpke., Fresh Meadows, NY 11366 for on premises consumption. New Empire Deli & Grocery Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1283282 for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor in a Restaurant under the Alcoholic Beverage Control Law at 192-02 Northern Blvd., Flushing, NY 11358, Queens County for on premises consumption. Sahara Club and Restaurant Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1282608 for On Premise Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 4601 4th Ave., Brooklyn, NY 11220 for on-premises consumption. Cafe Lure, Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1283219 for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor in a Restaurant under the Alcoholic Beverage Control Law at 376 5th Ave., Brooklyn,NY 11215 Kings County for on-premises consumption. Los Robles Corporation.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number 1262588 for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 284 9th Ave., Brooklyn, NY 11215 for on-premises consumption. Brooklyn Dough Boys LLC

NOTICE IS HEREBY GIVEN that a license, Number 1262590 for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 235 Grand St., Brooklyn, NY 11211 for on-premise consumption. Grand Street Food and Wine LLC

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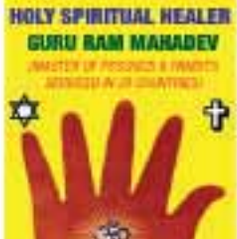

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The Uniquely Enchanting Shen Yun Orchestra

AMONG THE VIOLINS, trumpets, and flutes of the Shen Yun orchestra, you might see something a little different. Can you spot a two-stringed Chinese erhu, or a teardrop-shaped pipa? Shen Yun combines Chinese instruments as part of a Western orchestra. It sounds simple, but it's not easy to do.

The result, though, is incredible. The Western orchestra with its energy and grandeur, and the Chinese instruments with their distinct tones and styles, create a dramatic new sound.

Shen Yun's original music brings soul-stirring melodies from ancient China to the modern day. From the grand melodies of the imperial courts, to lively and joyful folk dances, the live orchestra adds a whole new dimension to the beauty and energy on stage.

Classical Chinese instruments: the 4,000-year-old erhu and delicate pipa.

神韻

WHAT DOES "SHEN YUN" MEAN?

"Shen" means divine. "Yun" means a person's inner bearing. It's like the feeling behind how a person moves. So Shen Yun can be understood as the feel of divine beings dancing.

Huatuo: one of China's most famous doctors, (c. 140–208)

Music

Medicine

The Healing Power of Music

DID YOU KNOW THAT in traditional Chinese culture, medicine and music are closely linked? In fact, the Chinese word for "medicine" comes from the word for "music." The five notes of the Chinese musical scale are connected to the Chinese theory of the Five Elements, and to traditional Chinese medicine.

For example, the first note *gong* is connected to the earth element. It also corresponds to the digestive system. Music that uses this note makes a person feel peaceful. People believed that to heal the body, you need elegant music that encourages virtue.

When you hear the music of Shen Yun, you might be struck by its incredible energy and warmth. And now you understand part of the ancient wisdom behind it.

神韻 SHEN YUN

JANUARY 9–18

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Thu	Jan. 15	7:30pm	
Fri	Jan. 16	7:30pm	
Sat	Jan. 17	2:30pm	7:30pm
Sun	Jan. 18	1:30pm	6:30pm

Don't miss it!

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Visit: ShenYun.com/NYC

Ticket prices: $80, $100, $120, $150, $200, $300

SHEN YUN

BANNED IN CHINA, BELOVED WORLDWIDE!

For nine years, Shen Yun has delighted audiences around the world. But why is a show that revives 5,000 years of authentic Chinese culture banned in China?

It's because traditional culture has been almost destroyed in China under communist rule. The Communist Party especially targeted the deep spiritual culture of China, the ancient wisdom and belief in virtues passed down through the generations.

The Communist Party fears Shen Yun because it shows what the Party has tried to destroy. And Chinese authorities don't want you to see Shen Yun, either. They have tried to block Shen Yun from performing around the world. Last week, the Shen Yun website was taken down briefly by a cyberattack from China.

But every Shen Yun performance, every standing ovation, is a sign that traditional Chinese culture is being saved. It's the beginning of a new era, and for those who go watch the performance, it's an opportunity to be a part of history in the making.

Opening Night Was a Sensation!

SHEN YUN'S OPENING night at Lincoln Center was filled with electricity. Audience members gasped at soaring dragons, laughed at mischievous monks, and watched acts of compassion with tears in their eyes.

TV producer Mark Kaufman admired the cultural aspects of Shen Yun. "It was just magical, beautiful, very poetic," he said.

Helen Korolikova had been trying to see the show for three years. "It just gives me goosebumps," she said. Her companion Anthony Marchese said, "I would recommend the show to anyone—a thousand percent."

The feeling was echoed by Mr. Kaufman. "You must go see this—if you want to see culture in New York, you must see this!"

What people are saying...

"I was moved to tears. It was very uplifting... I've never seen anything like that before."
—Carol Miller, former ballet instructor

"I come away feeling like a better human being for having experienced this magnificent event."
—Omega Medina, opera singer

"Absolutely awe-inspiring. Utterly amazed at what I just saw."
—Marina Kelly, attorney

"I was in heaven watching it!"
—Andrea Huber, veteran dance critic

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